



Anger management issue

Anger is a common emotion. Being angry is normal. However, if anger is not properly managed, it may lead to physical and psychological problems. If being angry for too long and the anger is too intensive, it may cause verbal aggression or behavioural violence.

If you have issue with anger management, you may consider the following advice:

- Follow the 3 Don't Principles at all times: Don't hurt yourself, Don't hurt others, Don't damage objects
- Identify the trigger emotions when you started to feel angry. Next time when it happens again, you can recognise it early and start off your calm down strategies at your earliest
- When you feel angry, you can consider the following calm down strategies:
 - Deep breath
 - Drink water
 - Wash your face in washroom
 - Countdown from 10
 - Look for your favourite food and drink. Try to enjoy every small bites and sips
 - Leave where you are
 - Take a short walk
- In the heat of anger you are likely to make decisions you will regret, therefore think about the consequences of your behaviour before you act it out
- Identify the trigger thoughts that make you angry and manage the root of the problem
- Physical exercises and relaxation exercises help to alleviate stress and reduce other negative emotions, which can then let you feel more relaxed
- Share your thoughts and feelings with family, teachers and friends so that they can understand, support and help you

